

PREMIER TENNIS ACADEMY **TOTAL TENNIS NETWORK**

Premier Tennis Academy is a year-round program designed to help middle school and high school students raise their games to the next level. The program consists of Drills, Conditioning, Strength and Training, and Match Play. The academy ranges from 2 days per week to 5 days per week depending on the student's goals. The Total Tennis Network is the academy's program to offer students the complete package that a tennis player needs to become a better player.

DRILLS

**Mondays at 7:00-8:30pm
& Wednesdays at 5:30-7:00pm.**

In drills, the philosophy is to hit a ton of balls to develop consistency. "If you cannot keep the ball in play, you cannot work the point." Our academy players train to hit as many balls needed to get the unforced error or wait for the short ball to attack. We work on strokes, point patterns, singles and doubles strategies, rallying and footwork. A typical drill in the academy is players will hit balls almost the entire 1 hour and a half with little breaks. We have a strategy to use fewer balls and newer balls. Every practice we open up new cans of balls so the students are hitting with similar balls as they would in a match. We do not hit with old balls because if you do the balls will go in at practice and fly long in matches with the good balls. I also believe if the kids get fewer balls they will concentrate better with no wasted shots and we are saving time with not picking up balls all the time. Finally with less balls on the court, we are training in a safer environment for the students.

CONDITIONING (Speed and Agility Training)

Tuesdays at 6:30-7:30pm

In conditioning, this is where we make tennis players into better and faster athletes. Speed and agility is the focus. Students are trained to become more explosive and quicker with their movements. This is done at the Kennworth tennis center courts.

STRENGTH AND TRAINING

Thursdays at 5:30-6:30pm

Strength and Training at the Snap Fitness facility across from North Cobb High School. We will have a personal fitness trainer for the hour. Here the students work on their core body strength as well as other areas related to tennis.

MATCH PLAY

Fridays at 5:30-7:00pm

This is the time for students to practice mental toughness techniques, game management, and to work on shots that need more match play practice such as topspin serves, slice shots, etc.

COST:

Drills: \$120/month

Conditioning: \$60/month

Strength & Training: \$60/month

Conditioning, Strength & Training, & Match Play is open to anyone who wants to drop in: \$10/session.

Every Friday night will be a pizza and drinks night, so dinner is provided that night for the students.

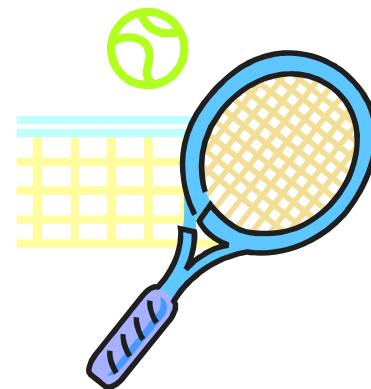
PRIVATE LESSONS

Students work on-on-one with the coach to develop their individual strengths into weapons and their weaknesses into solid consistent shots that do not break down under pressure. Good time to work on strategy for that student. **COST: \$44/hour or \$80/2 hours.** The two hours may be broken up into 4-30 minutes lessons or two 1-hour lessons.

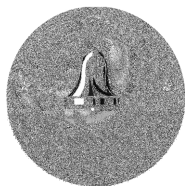
Tournament coaching at selected tournaments is always included with the academy. No extra fees for that. Very important! I work with the student's tournament schedule for the year. You must have a plan and be willing to be flexible with that plan depending on how that student is performing. A bad tournament schedule can destroy a junior player!

The Total Tennis Network program will be implemented twice a year as a three-month fitness training periodization. The first phase of the fitness training period is in the spring during the month of March, April & May. The second phase is in the fall during the months of August, September and October.

For more information about the Premier Tennis Academy please contact William Fawcett at (770) 265-3599 or e-mail premiertennis@comcast.net.



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Cobb County...Expect the Best!

ABOUT THE HEAD PROFESSIONAL

William Fawcett is certified with the USPTA and is also a member of Georgia Professional Tennis Association (GPTA). He played tennis at the University of Findlay and has been teaching tennis the past 12 years. He has been the Head Tennis Professional at Kennworth Tennis Center for the last 10 years. William Fawcett has taught many students ranging from beginners to high school tournament players. He has taught City Championship teams and tournament players ranked in the state, south and nation, and has helped students reach the college level. He was the first tennis coach of rising WTA star and Marietta native, Melanie Oudin.

The addition of coaches Derrick Stubbs (Strength and Training) and Austin Klinefelter (Speed and Agility) will provide expertise in other areas in the sport of tennis combined with myself as the drills/match play coach will make up the Total Tennis Network team of coaches.



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